



ShopRite of New Rochelle *Live Right Calendar of Events*



February 2012

“American Heart Month”



Samantha Joy Mark R.D., CDN

For More Information, call 845-475-4945

Do you have nutrition questions, need menu ideas or just want tips to help you or your family eat better? Be sure to visit Samantha in her office, located directly next to the pharmacy, and she will be more than happy to assist you.

February 2nd, Thursday

Specialty Grocery Show, New Jersey

Samantha and her management team will be attending the Specialty Grocery Show in New Jersey.

February 3rd, Friday

Munch & Learn: Superbowl Makeover: 2pm-5pm

The Superbowl is just around the corner! Join Samantha for a delicious cooking demonstration that features some of your favorite, lighter superbowl dishes! Stop by for a recipe and sample!



February 4th, Saturday

Healthy Eating Seminar: 12:30pm-2pm

Don't forget the basics! Samantha will be leading a healthy eating seminar that focuses on the basics of nutrition and healthy eating. Come with questions, leave with answers! ***Sign up with Samantha if you are interested!*



Produce Pick of the Month: 2:30pm-4pm

This month we are highlighting the PUMMELO! Join Samantha as she educates about this delicious citrus fruit and all that it has to offer.

February 6th, Monday

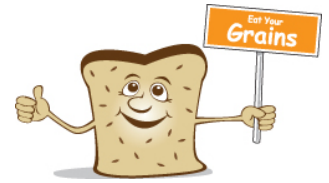
Pelham Seniors, “Heart Healthy Eating” 12:30pm-2pm

Samantha will be out in the community educating the Pelham Seniors healthy eating. She will be focusing on foods for heart health and how your diet can benefit your health.

February 10th, Friday

Munch & Learn: Whole Grains, Happy Heart: 2pm-5pm

Make half of your grains whole! Join Samantha for a free cooking demonstration that focuses on whole grains and how to easily incorporate them into a delicious recipe!



Cub Scouts of New Rochelle: 7pm-8pm

Samantha will be educating the Cub Scouts in ShopRite as they learn all about healthy foods and how to make a healthy plate!

February 13th, Monday

Free Blood Pressure Screening 4pm-8pm

ShopRite of New Rochelle is hosting a **FREE** blood pressure screening. Join your health and wellness team, Samantha your Dietitian and Kim your pharmacist as they answer all of your questions. *No registration required.*

February 15th, Wednesday

Iona Grammar School: "MyPlate Education" 7:30am-1pm

Samantha will be out in the community visiting Iona Grammar School in New Rochelle. She will be educating the students on a healthy plate and how incorporate the right foods at each meal.

February 16th, Thursday

Nutrition in the Kitchen: Meat Cuts and Preparation: 2pm

Join Samantha for a quick 15- minute seminar that focuses on how to prepare your foods the right way. Whether you are grilling, broiling, baking or roasting, there are many delicious ways to enjoy your favorites! Enter the raffle to win a prize!

February 17th, Friday



Munch & Learn: Fish Delish 2pm-5pm

Did you know that the American Heart Association recommends eating fish twice a week? Join Samantha for a free cooking demonstration that focuses on this heart healthy favorite! The seafood department will also be there to give a quick, 15 minute seminar all about fish!

February 22nd, Wednesday

Beth El Synagogue: 11am-1pm

Samantha will be out in the community speaking at Beth El Synagogue in New Rochelle. She will be focusing on how to read the food label and making smart food choices.

February 24th, Friday



Munch & Learn: Good Fats 2pm-5pm

Not all fats are created equal. Join Samantha for a delicious, healthy cooking demonstration that highlights the "good" fats and how to keep them in your diet.



February 25th, Saturday

**Live Right with ShopRite Kid's Day Event:
Facts about Fats 11am-3pm**

It's time for our monthly Kid's Event! Join Samantha, the dietitian for a healthy, fun, delicious event just for kids! Come and bring the kids to learn some interesting facts about fat! There will be games and giveaways for all children.

February 29th, Wednesday

Supermarket Tour: 2pm-4pm

Samantha will be leading a healthy foods shopping tour. Come learn how to navigate the aisles like a pro and make the most of each shopping trip. *Sign up with Samantha in the dietitian's office if you are interested.*

**Please note event details subject to change.*

ShopRite of New Rochelle provides FREE nutrition Services by a Registered Dietitian

For more information call 845-475-4940

Or

Stop by the store and talk to SAMANTHA

